

Winter 2006 Adult/Family

ENRICHMENT, CRAFT CLASSES, PROGRAMS AND EVENTS FOR ADULTS/FAMILY

**Winter/Spring 2006 Programs offered at City Park Center, 316 Lake Drive
Call Paul or Talita at 704-638-5295**

Over 40 Aerobics

Class conducted via videotape.

Are you 40 yrs. or older and looking for a great place to get some exercise? If so, come to City Park and enjoy the benefits of this low impact aerobic workout. Get your heart pumping and your blood flowing. The best part is it's FREE! Registration: on going Dates: Mon. & Thurs. January – April 9:30 - 10:30 a.m. no charge

Cardinal Squares

Coordinators: Jack Cauble 704- 633-9147 or Paul Walker 704-782-1616 Looking for ways to be more active? Modern Western Square Dancing will be held on Tuesday evenings, for those who want to learn there will be introduction to square dancing classes Thursdays from 7-9 p.m. Registration: on going Dates: Tuesdays – Jan. – June 7-10 p.m. Thurs., beginners: Jan. – June 7-9 p.m.



Diabetes Self-Management Classes Instructor: RRMC Diabetes and Nutrition Outpatient Services

Rowan Regional Medical Center's Diabetes Self-Management Program offers small group classes and individual instruction for people with diabetes and their family members (or significant others). This series of classes are designed for those individuals who have not yet mastered the skills and concepts to control their diabetes.

Program Dates: Jan-Dec For registration information please call 704-638-1437.

Pre-registration required. Registration is ongoing



Conversational Spanish Sessions

Instructors: Ruth Chapparo, Maria Romo & Mercedes Acuna

This program is created to connect people that have a common interest, the Spanish language. Throughout the program we will create outside sessions, such as a local Spanish restaurant, business, or agency. Spanish teacher Maria Romo & Mercedes Acuna, an ESL teacher from Salisbury High School will lead the group sessions. Ruth Chapparo, Multicultural Program Coordinator with the City of Salisbury will oversee and assist with the program. Sessions are open to the public and held at City Park Center. Dates: Tuesdays – January through April 7-8 p.m. no charge For ? or more info call 683-2168 (Ruth) or email her at rchap@salisburync.gov



Oil Painting Instructor: Patricia Miller

Now you can learn the techniques from Bob Ross, "Joy of Painting" as see on TV. Patricia Miller, certified Ross instructor, will guide you in creating your very own masterpiece. Participants need only bring a 16x20 piece of stretched canvas. All other supplies provided. Register: one week in advance

Dates: Saturdays: 1/7, 1/21, 2/4, 2/18, 3/11, 3/25, 4/8, 4/22 10a.m.-5 p.m. Cost: \$25 class /city \$50 class / non-res.

Creative Memories Scrapbook Workshop Coordinator: Andrea Shuping 704-633-5086

Here's a scrap booking workshop you will truly enjoy, including instructive "Crop Talk" lessons. Lunch provided. Register: At least 4 days prior to workshop dates. Register at: 704-633-5086 Cost: \$12 class Call Andrea to register. Dates: Saturdays, 1/14, 2/11, 3/11, 4/8 10 a.m. – 2 p.m.

Family Crafts Instructor: Connie Foss

Bring your family to City Park for a fun family activity. Family members can paint and make fun molds. There will be a variety of projects in different style and sizes available. Completed projects are on display at are parks and recreation facilities. Register: 1 week in advance Dates: Wednesdays, 1/18 & 4/19 10-11:30 a.m. Tuesday, 3/28 10 – 11:30 a.m. Cost: \$4 and up depending on size of mold

Vegetarian Cooking Classes

Would you like to learn to make delicious low-fat meals for you and your family? This vegetarian cooking class will guide you through transitional vegetarian, vegan, and raw food lifestyles. Learn to prepare tasty tofu, veggies, raw salads, etc. Class will include information, demonstrations, recipes, and more. Register now, class size limited. Register by: 1/13 Dates: Thursdays, 1/19-2/9 11 a.m. – 1:30 p.m. Cost: \$15 class/city or \$50 session \$30 class/non-res. or \$100 session

Winter/Spring 2006 Programs offered at City Park Center, 316 Lake Drive (continued)
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African Drums and Rhythms

Come out and learn traditional West African Rhythms on the Djembe drum. Master drummer and storyteller Ba'Kajo will keep you moving in this beginner's class. Children of all ages welcome. Please bring your own drum. Space limited. Register by: 1/15 Dates: Mondays, 1/23-3/6 7-8:30 p.m. Cost: \$5 class or \$30 session/city \$10 class or \$60 session/non-res.

Speech Performance Classes

Want to improve your public speaking and/or acting skills? This class features voice, diction, and creative writing. Activities include basic drama technique, improvisation, and creating your own autobiographical speech performance. Register by: 1/18 Dates: Wednesdays, 1/25-3/1 7-8:30 p.m. Cost: \$7 class or \$42 session city \$14 class or \$84 session non-res.

Sankofa Saturdays

Learn African American history and create your own mask and musical instruments. Class features stories and lessons to enrich your knowledge of the African legacy. Register by: 1/31 Dates: Saturdays, 2/4-2/25 11 a.m. – 2 p.m. no charge



Dog Obedience

Dog owners come out to City Park and Let Ann Frye of the Salisbury Police Dept. help you teach your dog some obedience. Ann is a member of the Assoc. of Pet Dog Trainers and actively competes in conformation, agility, and water trials with her dogs. Register by: 2/22 Dates: Wednesday, 3/1-4/5 6-6:45 p.m. & 7:00 – 7:45 p.m. Cost: \$30 city \$60 non-res.

Meditation Classes

Are you ready to let go of stress and pressure? Learn to gain immediate relaxation. Find the amazing physical and mental benefits of meditation using proven techniques. Give yourself a gift that can increase your overall health and well being. Register by: 2/27 Dates: Wednesdays, 3/8-3/29 7-8:30 p.m. Cost: \$7 class/city \$14 class/non-res.

Dance Classes for Adults Instructor: Jennifer Paxton

Are you 16 years or older and would like to learn to dance? If so, come out to City Park and learn tap, ballet, jazz, belly dancing and much more. Sign up today for the winter semester of this exciting new program. Grab a friend and join the fun! Register by: 1st of each month Dates: Mon. & Wed. Jan. – April 6:30-7:30 p.m. Cost: \$50 mo. / city \$100 mo. /non-res. 1 time registration fee of \$20

Ballroom Dancing Instructor: Jennifer Paxton

City Park is excited to offer ballroom dancing lessons. If you would like to learn different and fun styles of dance sign up today. Spaces are limited. Register by: 1st of each month Dates: Fridays, Jan. – April 6:30-7:30 p.m. Cost: \$40/mo. per couple/ city \$80 non-res. 1 time registration fee of \$20



Fit Happens Instructor: Clarissa Davis

Adults come to City Park and work out with certified personal trainer Clarissa Davis. Clarissa is NETA certified and will help you get into the best shape of your life. This class will include workouts as well as body analysis at a price that can't be beat. Registration: on going Dates: Tues., Wed., Thurs., 1/3-4/27 6-7 p.m. Cost: \$15 wk/ or \$40 month City \$30 wk. / or \$80 month non-res.

Spring Cleaning “A Workshop on being Clutter Free” Instructor: Frances D’Amato MA, MED

Come to this workshop and be prepared to leave with a plan for simplifying your life, getting rid of clutter, and learning ways to keep the clutter out of your life. Participants will share a situation they want resolved. As a group we will use guided imagery to allow our inner resources to help us discover ways to declutter our life and in particular the room or area we are most distressed about. Register by: Monday, 2/27 10 a.m. – 2 p.m. Date: Saturday, 3/4 Cost: \$10 city \$20 non-res.

Winter/Spring 2006 Programs offered at City Park Center, 316 Lake Drive (continued)
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History, Sites & Tales of High Rock Lake A Pontoon Boat Ride Tour Instructors: Larry & Pat Curlee
Take a magnificent Sunday boat ride and see the historical sites of High Rock Lake. Larry, a resident of High Rock Lake for over 20 years will cruise you pontoon boat style while captivating your eyes on beautiful, historical and celebrity homes. He will also give you an in depth look of the history and old folk tales of the lake. Program is limited to first 12 participants. Refreshments and small lunch provided.
Participants will be transported by city van to and from City Park Center. Van will leave City Park at 1:30 p.m. and return by 5:30 p.m. Register by: 4/22 Date: Sunday, 5/7 2-5 p.m. Cost: \$10 city \$20 non-res.

Parties, Receptions. Business Functions...

If you're looking for a place to host birthday parties, dinner receptions, or business meetings then City Park is your connection. We have 4 rooms that can fit small or medium sized functions at affordable prices. Shelters in the park are also available for the outdoor meeting seeker. Rental dates and availability vary depending on prior programs scheduled. Prices vary too. Call City Park for details.

"Spring Sling" Disc Golf Tournament

Bring everyone to our annual "Spring Sling" golf tournament. Tournament layout will be both exciting and challenging for all disc golf enthusiasts. Standard disc golf rules apply. Prizes awarded. Refreshments and snacks too! Register by: Saturday, 3/25 Date: Saturday, 4/1 Players meeting at 10 a.m. Entry fee: \$10
Location: Kelsey Scott Park

Hump-Day 2 Disc Golf Tournament

Back by popular player vote; sign up to play in our 2nd "Hump Day" disc golf tournament. There's nothing to extravagant about this tournament, it's just some good disc golf fun on a Wednesday afternoon. We'll play 18 holes of disc golf with challenges on each hole. Plenty of prizes and a burger cookout afterwards.
Register by: Saturday, 4/22 Date: Wednesday, 4/26 6-7:30 p.m. Players meeting @ 5:30 p.m.
Cost: \$5 per participant Location: Kelsey Scott Park

Winter/Spring 2006 Programs offered at the Civic Center, 315 S. Boundary St.
Call Jeff or April at 704-638-5275

Beginner Knitting

Instructor: Sandy Wagoner

Learn knitting basics (includes increase & decrease stitches). All participants will learn purl stitch and how to read a pattern. Participants will make a shoulder pocketbook. All materials included with fee.
Register by: 1/6 Dates: Tuesdays, 1/17, 1/24 & 1/31 6-8 p.m. Cost: \$40 city \$80 non-res. (all 3 sessions)

Puppy Kindergarten (puppies 12 wks. to 4 months)

This class is for puppy's first steps. It is never too early to begin training your puppy. Lessons include: come when called, sit, down, walking on loose leash, housetraining, socialization and information on biting, chewing, and digging. Come learn how to start your puppy off on the right paw. Puppies must have 3 sets of vaccinations and current rabies vaccination. Class limited to 6 dogs. Register by: 1/13 Dates: Mondays, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27 5:45-6:45 p.m. Cost: \$30 city \$60 non-res.



Basic Home Manners for Dogs Instructor: Elaine Allman (dogs 5 months & up)

Need help with your canine companion? Come join our dog training classes. You will learn how to communicate with your dog, understand how your dog thinks, and how to humanely express your leadership. These lessons include the following: building a trusting relationship, attention, sit, down, stay, walking on loose leash, and come when called. Come learn how to get your puppy off on the right paw. Dogs must have all vaccinations and rabies certification. Class limited to 6 dogs. Register by: 1/16 for session I
Session I dates: Mondays, 1/23, 1/30, 2/6, 2/13, 2/20, 2/27 from 7-8 p.m.
Session II dates: Mondays, 4/3, 4/10, 4/24, 5/1, 5/8, 5/15 from 5:45-6:45 p.m.
Cost: \$30 per session/city \$60 non-res.

Winter/Spring 2006 Programs offered at the Civic Center, 315 S. Boundary St. (continued)
Call Jeff or April at 704-638-5275



A Cinderella Story – Prom Show

Coordinator: Candice Berry

Do you have new or “gently worn” formal dresses or accessories that you have no desire to use again? Donate to the Cinderella Project. We accept donated formal dresses, jewelry, shoes, purses, etc. The donated items will benefit financially disadvantaged high school students in the local area. This is an opportunity to promote self-esteem by allowing young ladies the chance to attend formal social events like proms, banquets, or other formal occasions in style! You will be able to purchase new formal wear from local merchants too! Be a vital part of making a “young ladies” prom dreams come true. Donated items can be dropped off the night of the show or at Lasting Impressions, 220 S. Main Street. Monetary donations graciously accepted. Date: Saturday, 1/28 6-9 p.m. Cost: \$4 city \$8 non-res.

MYGEMS Glow in the Dark Slime Time K-5th grade Instructor: Tabalech Shipp

Participants will be introduced to the properties of matter in this gooey substance. They will make slime in their favorite color and explore those properties. You will also eat a special polymer treat. How neat to create your very own slime! Register: 1 week prior to class Date: Thursday, 2/9 6-8 p.m. Cost: \$10 city \$20 non-res.

MYGEMS Forensic Science Ages 14 & up Instructor: Tabalech Shipp

Participants will learn how to survey a “crime scene” for viable evidence. Gain detailed knowledge on finger printing techniques, conduct various test samples of modern day narcotics to verify their content, etc. All supplies included in fee. If you like CSI then you will definitely like this hands on class. Register: 1 week prior to event Date: Thursday, 2/16 6-8 p.m. Cost: \$12 city \$24 non-res.



MYGEMS Edible Molecules Grades 2-8 Instructor: Tabalech Shipp

Youth will build a water molecule that they will eat after they study the two chemical compounds that were used to create the product. You will also make your own special formula from the periodic table. Let your creative juices flow. Don't miss out on this fun and innovative class. Register: 1 week prior to class Date: Tuesday, 3/21 6-8 p.m. Cost: \$10 city \$20 non-res.



The Children's Art Show Coordinator: Carolina Artists

Carolina Artists along with the parks and recreation department are sponsoring their 1st annual children's art show. Rowan county students from K-12th grade will be eligible to enter up to 3 pieces of artwork in any two-dimensional medium. There will be a \$1 fee per entry. Categories: K-1, 2-3, 4-5, 6-8, and 9-12 grades. Entries will be judged by Carolina Artists and ribbons will be awarded in each category. The show is free and open to the public. Donations gratefully accepted. Dates: Friday, 3/31 5-8 p.m. Saturday, 4/1 10 a.m. – 1 p.m.

Basic Home Manners Advanced Class (dogs 5 months & up)

Instructor: Elaine Allman

Advanced manners for Dogs class is for those who have completed the basic manners class or other obedience classes. This class includes: building on the basic manners, detailed targeting and clicking training, tricks and other difficult exercises. Come enhance your relationship with your canine companion. Register by: 3/24 Dates: Mondays, 4/3 – 5/15 7-8 p.m. Cost: \$30 city \$60 non-res.



Creative Writing Workshop Instructor: Sam Post

Writers, let's get together. Bring in stories, poems, plays, or some form of writing and share and we will critique your work. You must be prepared to create new work during the course of the workshop. The focus will be on support and motivation. Some starter exercises may be included. (8 classes) Register by: 1/13 Dates: Mondays, 1/23, 1/30, 2/6, 2/13, 2/27, 3/6, 3/13, Wed., 2/22 7-9 p.m. Cost: \$150 city \$200 non-res.

Covered Photo Album Instructor: Sandy Wagoner

Decorate personalized photo album. Enjoy making an album that will last. All materials included with fee. Register by: 2/17 Dates: Thursdays, 3/2, 3/9, 3/16 6-8 p.m. Cost: \$40 city \$80 non-res.



Winter/Spring 2006 Programs offered at the Civic Center, 315 S. Boundary St. (continued)
Call Jeff or April at 704-638-5275



Spring Yard Sale

It's Spring Again! Time to clean out your closets and garages and get your stuff together for the Salisbury Civic Center's yard sale. Tables can be rented for \$10 each. Space is limited. Yard sale will be held rain or shine. Register by: 3/18 Date: Saturday, 3/25 7 a.m. – 12 noon Cost: \$10 per table



Eastside Community Easter Egg Hunt

Believe it or not, it's that time again. EASTER! Get your pretty, decorative baskets and come to the Civic Center to see who can find the most eggs. We will have lots of exciting games/activities for the kids. Search for the neon egg and receive extra prizes. Refreshments provided to participants. Date: Thursday, 4/13 5-6:30 p.m. no charge

Winter/Spring 2006 Adult Enrichment Programs offered at Hall Gym (1400 W. Bank Street)
Call Steve or Randall at 704-638-5289

Infant CPR Class Instructor: Brian Miller

This class is designed to teach you what to do in case there is an infant in need of CPR. Register by: 1/11 Date: Wednesday, 1/11 5:30-8:30 p.m. Cost: \$20 city \$40 non-res.



Child CPR Class Instructor: Brian Miller

Instructional class designed to teach you how to perform CPR on a child. Register by: 1/18 Date: Wednesday, 1/18 5:30-8:30 p.m. Cost: \$20 city \$40 non-res.

Adult CPR Class Instructor: Brian Miller

Have you ever wanted to learn CPR? Here's your chance. This class is designed to teach you what to do in case there is an adult in need of CPR. Register by: 1/25 Date: Wednesday, 1/25 5:30-8:30 p.m. Cost: \$20 city \$40 non-res.

First Aid Class Instructor: Brian Miller

Instructional class on how to perform first aid. Register by: 2/1 Date: Wednesday, 2/1 5:30-8:30 p.m. Cost: \$20 city \$40 non-res.

Winter/Spring 2006 Adult Enrichment Classes Offered at Miller Recreation Ctr., 1402 W. Bank Street
Call D'Marius or Lakai at 704-638-5297

Miller Center Super Seniors Organization

Join this lively bunch of seniors as they do everything from arts and crafts to trips out of town. This group does various things around the community and has meetings at various places. Spend your mornings learning new things and meeting new people. Dates: every Thursday 10 a.m. – 12 noon

Miller Recreation Center Rentals

Looking for a great place to have your next function: Want a good facility but don't have a lot of money spend? Let us help! You can host receptions, parties, and social gatherings for a reasonable price. We offer gym space, meeting rooms, and a spacious kitchen. Call for pricing and availability.

Red Hat Society

Come out and socialize with these smart, fun loving, and sisterly bunch of women. The group loves to travel, meet new people, have local luncheons, and strut their stuff wearing those beautiful red hats. Come join the fun!

Senior Citizen Movie Day & Ice Cream Social

Enjoy a relaxing day at Miller Center with ice cream and a movie. Treat yourself, you deserve it! Date: Thursday, 2/2 10 a.m. – 12 noon



Senior Health Fair

Join us at the senior health fair. We will have various representatives from local organizations distributing info and other useful tips. Date: Thursday, 3/2 10 a.m. – 12 noon no charge

**Winter/Spring 2006 Programs offered at Miller Recreation Ctr., 1402 W. Bank Street
Call D'Marius or Lakai at 704-638-5297**

Miller Center Dance Class Instructor: Quatavia Becton

Have you ever wanted to learn a dance routine? We will be holding a one day dance class to show participants various dance routines. Date: Friday, 4/7 6-7:30 p.m. Cost: \$3 city \$6 non-res.



Community Yard Sale at Miller Center

It's spring again, and its time to clean out all those old things from your basement and closets. Gather your stuff and sell it at our community yard sale. Rent your table today. Cost: \$10 per table
Date: Saturday, 4/29 7 a.m. - 1 p.m.



**Miller Recreation Center Community Garden
Rowan County Master Gardeners**

Gardening program for urban gardeners-master gardeners meet Friday mornings at 10 a.m. to work on various aspects of urban gardening which includes: composting, raised bed gardening, butterfly gardening, bog garden, small fruits, enabled gardening and traditional vegetable gardening. The public is invited to stop by to join in the work or ask questions about gardening or specific problems they have encountered in their gardens.

Dates: Fridays - mid March 10 a.m.

Location: Brenner Ave next to RR tracks